

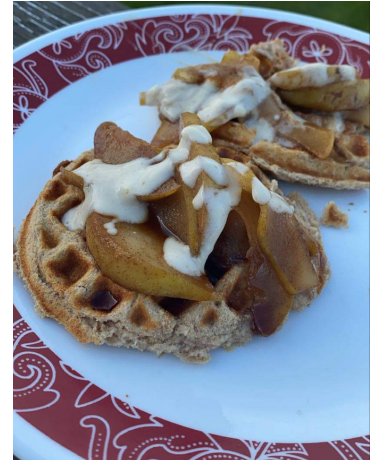
# Pear Maple Drizzle Waffles

THM-Friendly: E

## Pear Sauce:

- 1 fresh pear, sliced (if you cut them thin they will cook faster)
- 1/2 Tbsp. water (start with 1/2 tbsp add more if needed)
- 2 Tbsp. [Swerve Brown](#)
- 1/2 tsp. [cinnamon](#)

Put in a skillet and cook on medium heat until the pears are tender. After the pears are cooked down, turn the heat to low; then add the Swerve Brown and cinnamon.



## Maple Drizzle:

- 1 wedge Laughing Cow Cheese (can be omitted if you don't have it)
- 1 Tbsp. non-fat plain Greek yogurt
- splash of unsweetened nut milk
- 1/4 tsp. [maple extract](#)
- 1 tsp. Swerve Brown

Gently mix your ingredients in a small bowl until mixed well. You can then adjust the sweetener and maple flavoring to your liking (adding more if you like).

## Waffles:

- Use [Briana Thomas' Strawberry Shortcake Waffle](#) recipe.
  - Adjustments made: I used THM [Baking Blend](#) and added 1/2 tsp. cinnamon.

Put waffles on your plate. Top with Pear Sauce. Finish with your Maple Drizzle.

Grab a fork and enJOY!



<https://www.joyfullifewithkj.com/breakfast/pear-maple-drizzle-waffles>

